

## What to Expect from your Health Coaching Program

Do you have wellness goals to have a healthier diet, lose weight, reduce stress, finding the right exercise for you in this season, better quality of sleep, and feeling your best?

### INDIVIDUALIZED 12 WEEK PROGRAM (6 SESSIONS)

Meet one-on-one with your health coach to create a program just for you.

Some topics covered:

Health Assessment (First Session)

Wholistic Wellness

Healthy Food Choices

Hydration/Water Intake

Movement

Home Cooking/Shopping

Gut health

Detoxification

### GROUP 12 WEEK PROGRAM (6 SESSIONS)

Meet in a positive, safe, group environment and more accountability and less individualized focus.

## What to Expect (continued)

This is a good fit if you are: motivated, committed to your personal health and wellness, are coachable, and are willing to do your very best with your coach's recommendations.

We recognize that health is a journey and having a mentor alongside you is the best way to succeed. A health coach is just that mentor you are needing.

The results you want to see take place through small shifts and goals that move you further on your journey towards your best.

Note: This program is not meant for those with acute diagnosed medical issues, i.e. diabetes, cancer, heart disease, etc. unless you have a referral or recommendation by your doctor. If that's you, I partner with medical professionals and help clients find lifestyle and diet shifts to support their practitioner's recommendations.

## Meet our Health Coach



Aimee Roof is a Certified Health and Wellness Coach through the Institute for Integrative Nutrition. She's from Seattle, loves travel, especially foods from other cultures, cooking and has called Redding home for the last 3 years. She has worked with clients on their individual needs for since 2016.

My approach is not a one-size-fits-all to health and wellness, but I work with clients to help them discover how to fuel their bodies, live a healthy lifestyle, and become their healthiest, happiest version of themselves.

# Rates

## ONE-ON-ONE SESSIONS

(Individually Scheduled)

### FACILITY MEMBERS

\_\_\_ 6 Sessions for \$300

### COMMUNITY MEMBERS

\_\_\_ 6 Sessions for \$400

## GROUP SESSIONS (2-5 people per group)

### FACILITY MEMBERS

\_\_\_ 6 Sessions for \$150/ person

### COMMUNITY MEMBERS

\_\_\_ 6 Sessions for \$200/ person

## WHAT GROUP SESSION WORKS BEST FOR YOU?

\_\_\_ Monday at 10:30 AM

\_\_\_ Tuesday at 10:30 AM

\_\_\_ Thursday at 7:00 PM

Registration Form is  
available on our website  
or at the Member Services  
desk.



# HEALTHIER TOGETHER

Health Coaching  
at the Y

